

This Saturday, May 9 is the National Association of Letter Carriers (NALC) [national food drive](#) . On Saturday letter carriers will collect non-perishable donations from homes as they deliver mail along their postal routes. The cities of Sacramento, Carmichael, and Rancho Cordova will be participating, along with others across the state and nation.

During this economic crisis in particular it is important that we remember our neighbors in need. I recently had the opportunity to visit with the dedicated staff at the Interfaith Food Bank in Jackson and the HRC Food Bank in San Andreas. I learned of some innovative approaches to enriching the offering of nutritional values and expanding assistance to families who are challenged to make ends meet. Their work, along with the NALC's food drive, is especially important now. Please contact your local post office with any questions.